



## **Natural Creativity Journey**

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### **Step 18: Emotions are a primary raw material for creation and are therefore also in constant motion**

To a large extent, a deep and especially experiential and practical understanding of this topic within the study of creative consciousness offers the individual many gifts and wide possibilities for a life that is more satisfying, more joyful, lighter, and also one that has a clearer sense regarding how it is possible and worthwhile to relate to the wondrous and unclear movement that takes place within the human story, the movement of emotions.

Emotions have, we might say, a dynamic character. Emotions are energy in motion. They exert a significant influence and then pass, and in their place another emotion arrives. Often certain emotions arrive together with an unpleasant experience and then can apparently become stuck, while we try, usually with limited success, to deal with them through logical thinking.

Yet emotions have a logic of their own and their own laws of operation, which do not respond very well to ordinary logic and to its usual modes of interpreting, analyzing, and managing things. In this sense emotions can be described as an elusive body that does not allow the logical part of the mind to observe them in an orderly way, because of their constant tendency to move, to change, to exert influence, and to create an intensity of experience that does not allow logic to offer a truly meaningful response.

The fact that emotions speak a language of their own, and that ordinary rational language is never fully synchronized with them, is not sufficiently clear to most people. This lack of clarity is due in part to the great weight that human culture gives to rational thinking, the thinking usually attributed to the left side of the brain. What we are less aware of and less inclined to notice is that the other part of the human mental space, usually called the right side of the brain, the part associated more with intuition, spirituality, creativity, originality, and emotions, has its own language, its own logic, and its own internal rules.

Thus, anyone who wishes to connect with their creative consciousness will only be able to do so if they succeed in loosening at least part of their reliance on the logical brain and turn instead to learning the diverse and fascinating language of the right brain. This is where intuition speaks, where spirituality resides, where the mysterious and esoteric dimensions of the person live, and where creativity and emotions also reside. All these communicate with one another through the unique language of the

right brain. It is possible to build a bridge between this language and the language of the logical left brain, but this can only happen when there is recognition that a person lives in two worlds at the same time and speaks two languages at the same time, two languages each with its own order and its own logic. One is the language of linear logic and the other is the language of intuitive emotional creative spiritual logic.

In fact, even if we do not always notice it, there is in human culture an ongoing and one sided struggle, in which the rational and linear logic of the left brain is busy, in no small part of its activity, distancing the person from their full resources, including the other kind of logic. This may be due to some unfounded fear that a high level of involvement of the spiritual creative emotional logic of the right brain will cancel the necessity of the other side.

As noted, this fear is entirely unfounded. The right brain has no way to contribute anything to human development and has no way to be expressed without a high level of cooperation from its partner in the mental space, the part that can translate messages and information into words, concepts, and texts. These allow the illogical knowledge of the right brain to communicate with the person and to offer its gifts. The right brain, which is in fact the more social and collaborative part of the mind, longs for this kind of cooperation, while the left brain, which is more rooted in rules of separation and definitiveness, is wary of such collaboration and tends to block it.

This challenge of integrating the two main forces in human consciousness is a central developmental challenge in the evolution of human culture. It is an integration that, over time, will make the connection to creative consciousness easier, more accessible, and simpler. This challenge is here now, and it is part of the reasons for writing this book. You are part of a process and a movement whose purpose is to connect these two parts of human mentality, a connection that will dismantle more and more unnecessary inner partitions and give the individual greater freedom to express themselves, develop, heal, and bring deeper meaning into their life.

When this connection is established, and it is indeed destined to be created, the presence of excessive self criticism will decrease and only a reasonable level of self criticism will remain. Instead of standing between the individual and their creativity, this healthy level of criticism will allow for an orderly and responsible relationship between the two sides of the brain and will thus support the well being of humanity rather than hinder it.

To support this connection it is helpful to pay attention to the fact that emotions are raw material for creation. Emotions are a kind of energy that seeks and even demands expression. The primary path for this expression, the direct path that is free of interference, unnecessary interpretations, and external interests rooted in the human ego, is the creative path. When a person reaches a state in which they use creation as a tool for emotional transformation, they become the spokesperson of their own emotions and the interpreter of their own emotional world. This is true even if they have not yet succeeded in giving those emotions a clear logical explanation and have simply allowed the emotional energy to move into a free and flowing creative movement.

Moreover, when a person discovers their ability to turn emotions into creative movement, which is always a particularly moving and liberating discovery, they also begin to experience new moments of logical insight regarding the emotional story that is speaking within them. The reason for this is simple. When emotions are given the possibility to flow through their natural channels, in their own language, the language of the right brain, and when they are no longer trapped in congestion or under pressure to be understood, space opens in the mental field for meaningful connections between rational thinking and emotional logic.

Another way to look at this is to remember that we feel before we understand. We feel, and this is almost immediate, before we think. This is the real order of appearance. Our ability to create logical order in what stands before us is much slower than our ability to experience and feel. In practice, when we learn to move with our emotions in a creative way, without trying to understand them before beginning the action, the logical mind receives, during the process and from within a relaxed flow, an opportunity to examine the event in its own terms. This happens while the emotions are in creative motion and there is no attempt to stop them in order to understand them, an attempt that never really succeeds.

From this perspective it becomes clearer that a person's creative consciousness is not a luxury or a special privilege. The fact that human culture does not place a free and spontaneous emotional expression ability at the top of the learning priorities for young and old alike indicates a fundamental misunderstanding of human mental needs, including the critical place of creativity in mental stability and in the capacity to feel at ease with one's emotions, to grow with them and to develop through them.

It is important to emphasize that the creative movement of emotions is relatively fast, spontaneous, unplanned, not subject to criticism, and does not seek to produce a predetermined result. Its aim is simply to bring the bubbling emotional energy into appropriate and healthy expression. As mentioned earlier, the goal of creation is the creation itself, and here we can understand a little more why this is the case. The creation itself is the person's freedom to be who they are, to tell their story without barriers or censorship, and also to give themselves a path to heal, through what will later be explained in several ways as emotional transformation.

### **Self Reflection Questions (preferably answer in writing):**

1. As a child, what were the things you loved doing more than anything else?
2. Do you remember strange ideas or unusual insights you had as a child, including those you did not really know how to share?
3. If you connect now with the natural curiosity of the child within you, to what creation, initiative, or experience could this curiosity invite you?
4. How do you feel about the possibility of turning your inner child into a kind of senior advisor in your life?
5. If you were to meet your inner child right now and ask for her advice, what is the first thing she would suggest you do in these days?